LIFESTYLES

Vol. 16, No. 19 Friday, May 15, 2009

Inside



■ Nicolas Cage tries to figure a mystery left in a time capsule in 'Knowing' at the base theater this week B4

Education

Spouse Tuition Assistance
Program (STAP) — Spouses of
active duty Air Force members
may be eligible for STAP funds
to go to college. Applications
will be accepted 25 May-10 Jun
2009 for classes with a term start
date in July 2009. Applications
available in Hangar 2, Rm 103
or online at

or online at www2.hickam.af.mil/units/15ms saafrf/index.asp under Air Force Aid Society. Contact the Force Development Flight at 15mss.dpe@hickam.af.mil.

CCAF graduation ceremony

— The event will be held on Friday, 15 May 2009 at 1000 at the Hickam Officers Club Lanai. Everyone is invited to attend the ceremony. Attire for guests is uniform of the day or aloha Casual. POC: Force Development Flight at 15mss.dpe@hickam.af.mil.

College education fair he event will be held on Fri

The event will be held on Friday, 15 May 2009 from 1100-1400 at the Hickam Officers Club Lanai. More than 14 colleges participating. If seeking college opportunities from a certificate-masters degree, then you should plan to stop by and visit the Education Fair. All ID cardholders welcome. Refreshments will be available. POC: Force Development Flight at 15mss.dpe@hickam.af.mil.

Officer Training School (OTS) applicants —

Individuals planning to apply for the Aug 2009 non-rated board need to contact Ali Scanlon with the Force Development Flight at 449-6363 x228 or alisha.scanlon@hickam.af.mil by May 18th to set up an appointment for your initial package review.

Post 9/11 GI Bill — Effective May 1 individuals can start submitting their applications for the Post 9/11 GI Bill. Applications and information are available on the VA's website www.gibill.va.gov. Submitted by Force Development Flight at 15mss.dpe@hickam.af.mil.

09E5 WAPS testing —

Individuals testing for the 09E5 WAPs testing cycle (1 May-15 Jun 09) need to reference and understand the Individual Responsibilities outlined in AFI 36-2605, 1.19. Testing is conducted at 0730 or 1330 in Hangar 2, Rm 278. Show times are 0715 or 1315 and the door will close precisely at 0730 or 1330. NO ELECTRONIC EQUIPMENT (phones, PDAs, electronic watches, etc.) are permitted in the testing room. You must be in Military Uniform of the day and have a valid Military ID card in your possession to test. POC: D.S. Myers at david.myers@hickam.af.mil or 449-6363 x252.



Sign up for a free DoD youth program

Submitted by Drug Education for Youth

Drug Education for Youth (DEFY) is a self-esteem building program developed by the Department of Defense (DoD) that provides kids with the tools they need to resist drugs, gangs, and alcohol. The structured curriculum offers education, skill development and physical fitness facilitated by military and DoD civilian personnel. DEFY produces kids with strong character, delivers leadership and life skills training for youth and gives them the confidence to engage in positive, healthy lifestyles. They also participate in team building activities and attend fun excursions - all at no cost to the parents.

U.S. Pacific Command hosts the DEFY program for the Pearl Harbor Region offering all of our multi-service military and DoD families a chance to enroll their children between the ages 9-12 years old in the DEFY Program for the upcoming year, starting with a free Non-residential Summer Leadership Camp beginning 7 July and ending 17 July 2009 at the Moanalua Terrace Navy Housing Community Center, 2500 Radford Drive, Honolulu, HI



Photo by Molly Hayden, U.S. Army Garrison-Hawaii Public Affairs

At Hickam Air Force Base last year, students of the DEFY program 'rescue' volunteer Petty Officer 3rd Class Adrien Allen during a team building exercise. Students participated in an array of drills throughout the camp, which promoted teamwork and communication.

96818. Breakfast, lunch and snacks are provided. Drop-off time will be 0645-0730; pick-up time will be 1600-1700. All services are welcomed to enroll.

After the completion of the DEFY summer leadership camp, the youth are required to meet one Saturday a month in the Phase II Mentoring Program and participate in even more educational excur-

sions and physical training.

Registration is on a first come/first served basis. So hurry and contact YN1 Latasha Jones, USPACOM Program Coordinator at 477-9327 (latasha jones l@pacom mil) or

(latasha.jones1@pacom.mil) or YN2 James Sloan, USPACOM Camp Director at 477-8076 (james.t.sloan@pacom.mil).

Fax/e-mail applications to 477-

7132 or 477-9087 or to the Program Coordinator or Camp Director. Receipt must be confirmed by calling 477-9327/477-

Parent Orientation is Thursday, 2 July 2009 at 1730 in the Moanalua Terrace Navy Housing Community Center. For even more info, go to the DEFY Web site at http://www.donhq.navy.mil/defy/.

WARRIOR

By Chris Aguinaldo Hickam Kukini editor

HICKAM AIR FORCE BASE — Team Hickam is proud to name SSgt. Deborah Fisher of 15 Services Squadron our Warrior of the Week!

She is NCOIC of Readiness at 15 SVS. "From day one she impressed me with her knowledge and creative thinking," said 15 SVS Commander Lt. Col.

Timothy M. Telega. "Prior

to her arrival, some of our

Readiness programs which include SORTS & ART needed minor adjustments."

"With the upcoming ORI,

it was imperative that the Readiness section delivered positive results," Lt. Col. Telega continued. "SSgt. Fisher single—handedly worked countless hours to ensure we were prepared for the 2009 ORI Inspection. The squadron's SORTS & ART program improved by 50 percent, and all deploying personnel processed with zero discrepancies during the ORI."

SSgt. Fisher is originally from Littlestown, Pa. and has been in the service for nine years, with the last nine months at Hickam.

"My favorite thing about the Air Force is the feeling of being a part of something much bigger than me and being able to know that what I bring to the fight makes an impact for the future," she said.

She adds that her time in the service "has seriously helped me to mature. I have seen places I would have never seen had I stayed a

derful experiences that you can't experience unless you serve in the U.S. military." In the next several years, she'd like to finish medical

civilian and had many won-

In the next several years, she'd like to finish medical school and to be a doctor in the medical corps. She says she's not too picky about where she's stationed "as long as I am able to again have a joint spouse assignment with my husband, who is Active Duty in the Army."

Lt. Col. Telega calls her an "outstanding' asset to my squadron and I see great things in her future, whichever route she decides to take. She epitomizes the Wingman, Leader, and Warrior in our Air Force Creed and I'm proud to be her commander!"



'Tops in Blue' requests help

Tops In Blue, the Air Force's premier entertainment group, is currently in staging. However to successfully complete their show troupe, they are looking for a trumpet player and drivers (bus, truck, suburban with a towing trailer). The contact for applications is Terri Smith, at DSN 487-6566.



Fathers' Day dinner and beer tasting

Tickets go on sale today for the five-course dinner and beer tasting on Saturday, June 20 at the Enlisted Club. Enjoy the evening the night before Fathers' Day. Dinner guests receive a complimentary pint glass and additional prize drawings throughout dinner. Steve Cole from Kona Brewing Company will be conducting the beer tasting. The cost is \$45 for Members and \$50 for non-Members and is limited to 50 people. Call 448-2271, Ext. 227.

School swap meet

Buy and sell your home school materials, books and supplies at the Home School Supplies and Book Swap Meet tomorrow from 1 to 3 p.m. at the Makai Recreation Center. Call 449-3354.

Games night at E' Club

Come to the Enlisted Club for a buffet and games on Sunday, May 17. Buffet starts at 4:45 p.m. Early Bird starts at 5:45 p.m. Programs starts at 6 p.m. The cost is \$50 per person. It includes a Roast Beef dinner and a "6 On Entry Pack". Call 448-2271, Ext. 227.

Fathers' Day brunch

Tickets go on sale May 18 for the Fathers' Day Brunch Sunday, June 21 at the Officers' Club. The cost is \$18.95 for Adults (\$2 Member's First discount), \$9.50 for ages 7-12, \$4.75 for

ages 3-6 and Children 2 and under are free. For reservations, call 448-4608, Ext. 11 or 15.

Airmen's Center Friday Night Blowout

Hickam Airmen's Center and the Enforcing Underage Drinking Laws group (EUDL) are partnering up for a Friday Night Blowout on Friday, May 22 from 6-9 p.m. at the Airmen's Center, Bldg. 1859. If you are an active duty E1-E4, come out for free food, multiple next-generation video game systems set up for play, door prizes, a performance by "Belly Dancers in Paradise," makeovers and more. Call 449-3354.

Fly off to Jupiter

Learn about Jupiter, the largest planet in the Solar System and its 63 moons on Thursday, May 21 from 6 to 7:30 p.m. at the Hickam Library. This is part of the monthly planet series. Contact the Library staff at 449-8289.

View UFC 98

Ultimate Fight
Championship featuring
Evans vs. Machida will be
aired at the Enlisted Club on
Saturday, May 23 at 4 p.m.
with doors opening at 3 p.m.
The event is free for Club
members and \$10 for nonmembers. Call the club at
448-2271

Beach Bum Parade & Splashtacular

Don't miss this awesome

end starting with the Beach Bum parade on Saturday, May 23 at 3 p.m. The parade starts at Bishop Point Pier and continues to Hickam Harbor. Enter the squadron challenge with your creative float now for the wildest, wettest weekend. Float registration ends May 21. Water balloons and hoses will be provided for maximum wetness. Bring your water guns and spray those floats. Free food and music will be provided at Foster's Point at approximately 4 p.m. Overnight camping on the beach is available through Outdoor Recreation. There will be a free movie playing on a large outdoor movie screen. The weekend festivities continue with "Splashtacular" on Sunday. May 24, starting at 11 a.m. at Hickam Beach. There will be unlimited use of Outdoor Recreation's giant inflatables, giant waterslide, banana boat rides, kayaking, windsurfing, sailing, motorboat rides and more for only \$5 per person all day. Call Outdoor Recreation at 449-5215 for details or visit www.hickamservices.com.

wet, fun Memorial Day week-

Glide on water with stand-up paddle boarding

Learn how to glide across the water and get a pleasant workout at the same time on Wednesday, May 27 at 5 p.m. at Hickam Harbor. Let our experienced guides teach you the basics of stand-up paddle boarding. The cost is \$34 per person. Sign-up by May 23. For information, call Outdoor Recreation at 449-5215.

Summer Basketball Camp registration

Register now through May

29 for the Summer Basketball Camp for ages 5 to 16, with Youth Sports & Fitness. The camp will be held June 15 to 27. The cost is \$50 for members and \$55 for non-members. Call Youth Sports & Fitness at 448- 4492 for more information.

Glass bottom boat tour offered through ITT

Information, Tickets & Travel invites you to bring the whole family to see the colorful reef life in Kaneohe Bay, on Saturday, May 30, from 9:30 a.m. to 12:30 p.m. Tour includes roundtrip bus transportation from the Hickam ITT office. The cost is \$15 for adults and \$10 for children 2-11 years. Call ITT at 448-2295 to make reservations.

Tour Ni'ihau island

See the many hidden treasures of the forbidden island of Ni'ihau by helicopter and be dropped off on a secluded beach unspoiled by nature on May 30 to 31. Tour includes airport shuttle, roundtrip air to Kauai, 4-hour Ni'ihau visit via helicopter, overnight stay at the Kauai Hilton Hotel with breakfast and rental car for two. The cost is \$790 per person based on double occupancv. Call 448-2295 to make a reservation. Price and dates are subject to change.

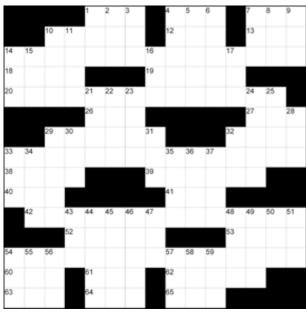
Mother's Day Massage special extended

The Hickam Fitness & Sports Center Mother's Day Massage special has been extended until May 31. The \$100 cost includes a massage, body wrap and body scrub. For reservations, call 448-2214.



Friday, May 15, 2009 **B3** Hickam Kukini

Crossword Puzzle: Military Appreciation



By Capt Tony Wickman 71 Flying Training Wing Public Affairs

ACROSS

- 1. Ottoman Empire provincial governor
- 4. __-jongg
- 7. Chinese Communist leader and theorist Zedong
- 10. Proportion
- 12. Air University state, in short
- 13. Sick
- 14. Start of General Douglas MacArthur quote
- 18. Burden of proof
- 19. Fry briefly in high heat 20. Part 2 of quote
- 26. Anger
- 27. Mock
- 29. Rocky's wife
- 32. Enthusiastic vigor
- 33. Part 3 of quote
- 38. Set of computer routines in read-only memory for startup

- 39. Bother
- 40. RQ-1 and RQ-4 mission
- 41. ___ Vegas
- 42. Part 4 of quote
- 52. Speak one's mind
- 53. Official literary
- language of Pakistan
- 54. End of quote
- 60. A Stooge
- 61. In debt to
- 62. Singing group member
- 63. Vegetable
- 64. Standard time in seventh time zone west of Greenwich
- 65. Toner

DOWN

- 1. Prohibit
- 2. NY Giant Manning
- 3. Affirmative
- 4. Airport home to Ganci Air Base
- 5. AETC base
- 6. Caribbean island
- 7. USAF Web site ending

10. Profanity

- 8. Pub order 9. Ancient
- 11. Money
- 14. ___ Another Teen Movie 15. Lennon's bride
- 16. Compass point 112°30 east of due north
- 17. Perfect score
- 21. Ireland, formerly
- 22. Cheese type
- 23. Pb on Periodic Table
- 24. Windstorms
- 25 Health resorts 28. USN rank
- 29. Before now
- 30. ER attendants
- 31. Japanese dance-drama
- 32. Golfer Ernie 33. Japanese sash
- 34. Cold-blooded aquatic vertebrate
- 35. African country
- 36. Russian river
- 37. Space org.

43. Strike

- 44. Erasable and programmable read-only memory
- 45. Watches
- 46. Object within another
- 47. Mild exclamation of surprise
- 48. Gen. Anthony McAuliffe response to surrender at Bastogne
- 49. Instrumental music combo
- 50. Wedding words
- 51. Convent denizen
- 54. Urchin
- 55. Shoe part
- 56. Ocean part 57. Baseball stat
- 58. Covered or enclosed truck or wagon
- 59. Inquire

See SOLUTIONS, B5

SUDOKU

For solution, see SUDOKU, B5

1 of solution, see Coborto, bo											
	6	5			2						
		2	1		9			7			
		8									
	8			3	5	2	9				
				1							
	2	1	9	7			8				
						1					
5			6		4	9					
			3			6	5				

Team Hickam History

The Air Force's most historic airfield

May 15, 1946 — Hickam Field Army Air Base is transferred to the Pacific Air Service Command and merged with the Hawaiian Air Deport, which began to assume Air Materiel Area proportions.

May 17, 1971 — The USAF Dispensary, Hickam (predecessor to the 15th Medical Group) activates at Hickam.

May 19, 1974 — Hickam's new Credit Union building opens with a ribbon-cutting ceremony and remarks by Col. Richard L. Thompson, 15 ABW Vice com-

May 20, 2002 — The 15th Air Base Wing receives an Air Force Outstanding Unit Award for exceptionally meritorious service from Nov. 29, 1999, to Nov. 30 2001. This was the Wing's ninth AFOUA.

May 21, 1976 — Super Typhoon Pamela crosses over Guam with 140 MPH winds. Pamela was the

> strongest typhoon to hit Guam since Super Typhoon Karen in 1962. Through 31 March, MAC flew 24 C-5s, 83 C-141s, and 3 C-130s there with nearly 2,650 tons

of cargo, including generators, vans, utility vehicles, and communications equipment to provide typhoon relief.

May 21, 2001 — The movie "Pearl Harbor" opens aboard the USS John C. Stennis at Pearl Harbor, attended by survivors of the Japanese attack of Dec. 7, 1941.

B4 Friday, May 15, 2009 Hickam Kukini

RELIGIOUS OPPORTUNITIES

For more information on Base Chapel services, call the Chapel Center at 449-1754. After hours emergency Duty Chaplain via Command Post: 448-6900.

CATHOLIC

Nelles Chapel Weekday Mass Mon.-Thu., 11:30 a.m. Saturday Confessions 4:15 p.m. Saturday Vigil Mass 5 p.m. Chapel Center

Sunday Mass 10:30 a.m.

PROTESTANT

Chapel Center Sunday Contemporary Service 8:30 a.m. Nelles Chapel

Traditional/Liturgical Service 8:30 a.m. Gospel Service 10:30 a.m.

OTHER RELIGIOUS OPPORTUNITIES

Buddhist, call 536-7044 Jewish, call 473-3970 Mormon, call 488-2434 Muslim, call 947-0050

RELIGIOUS EDUCATION

(Catholic) Chapel Center Sunday (Sep-May) 9:00 a.m.

(Protestant) Chapel Center Sunday (Sep-May) AWANA 3:00 p.m.

Wednesday Sunday School Dinner 4:45 p.m. Wednesday Sunday School Classes 6:00 p.m

THE GATHERING PLACE

Airmen's Dorm Coffeehouse

King Hall First Floor Dayroom – Bldg. 1856 - All Airmen welcome!

Mon.-Thu. 6-10 p.m.
Fri.-Sat. 6-11 p.m.
Free gourmet espresso, cappucci-

nos, Italian sodas Video games, internet, movies and more

To Volunteer, call the Hickam Chapel Center at 449-1754

Jenny www.jennyspouse.com



AT THE MOVIES

Memorial Theater 448-2297 • CLOSED Monday and Tuesday

12 Rounds

When New Orleans Police Detective Danny Fisher stops a brilliant thief, Miles, from getting away with a multimillion-dollar heist, the thief's girlfriend is accidentally killed. After escaping from prison,



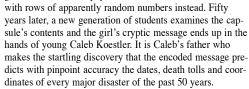
the criminal mastermind enacts his revenge, taunting Danny with a series of near-impossible puzzles and tasks — 12 rounds — that Danny must somehow complete to save the life of his

Starring John Cena and Steve Harris. Rated PG-13 (intense sequences of violence and action); 108 min.

Tonight, 6 p.m.; Thursday, 7 p.m.

Knowing

In 1958, as part of the dedication ceremony for a new elementary school, a group of students is asked to draw pictures to be stored in a time capsule. But one mysterious girl fills her sheet of paper



Starring Lara Robinson and Nicolas Cage.

Rated PG-13 (disaster sequences, disturbing images and brief strong language) 121 min.

Tonight 8:30 p.m.; Saturday, 7 p.m.

Observe and Report

At the Forest Ridge Mall, head of security Ronnie Bamhardt patrols his jurisdiction with an iron fist, combating skateboarders, shoplifters and the occasional unruly customer. His delusions of grandeur are put to the test when the mall is struck by a flasher. Driven to protect and serve the mall and its patrons, Ronnie seizes the opportunity to showcase his underappreciated law enforcement talents on a grand scale,



hoping his solution of this crime will earn a coveted spot at the police academy and the heart of his elusive dream girl Brandi, the hot make-up counter clerk who won't give him the time of day. But his single-minded pursuit of glory launches a turf war with the equally competitive Detective Harrison of the Conway Police, and Ronnie is confronted with the challenge of not only catching the flasher, but getting him before the real cops do.

Starring Seth Rogen and Ray Liotta.

Rated \bar{R} (pervasive language, graphic nudity, drug use, sexual content and violence) 86~min.

Sunday, 4 p.m.

Friday, May 15, 2009 **B5** Hickam Kukini



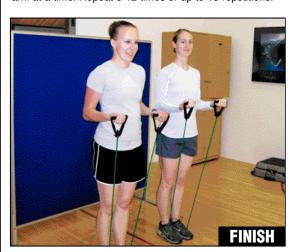
Exercise: Resistance Tube Arm Curls Muscles worked: Biceps

Begin by standing on the elastic band and hold handles down at sides. Keep feet together and have a slight bend in the knees. Maintain neutral alignment in the spine.

Contract the abdominal muscles throughout the exercise and breath naturally. Begin by pulling the resist-



ance band while contracting the biceps and stop at the peak of bicep contraction. Usually a little past 90 degree bend in the elbows. Then lower back down slowly. This can be done with both arms at the same time or one arm at a time. Repeat 8-12 times or up to 15 repetitions.



Models (from left to right): SSgt Emily Georgi and SSgt Krissa Takatsuka Photos and Instructions: A1C Katrina Plank, Asst Fitness Coordinator and cer-

Celebration pays tribute to the military on May 22-23

Submitted by the Arts **District Merchants Association**

CHINATOWN — The Arts District Merchants Association and the Honolulu Culture & Arts District in collaboration with the City & County of Honolulu and The Chamber of Commerce of Hawaii will present "A Matter of Honor" - celebrating the military.

As part of the Memorial Day weekend, the event will recognize the service and sacrifice of the Wounded Warriors - both active duty and returned veter-

It will also recognize the contribution of the Filipino World War II veterans, who were recently acknowledged by Sen. Daniel Inouye and our Congressional delegation; celebrate the military for their services; and allow the military to

experience the friendly ambience of the Chinatown Special Historic District.

Friday, May 22

Military Spouses' day begins at 11 a.m. in Chinatown.

Mayor Mufi Hannemann welcomes Military to the Downtown Chinatown Arts District at 11 a.m.

Chinatown Gateway Plaza will also have entertainment.

Saturday, May 23

Chinatown area galleries, shop restaurants and bars will welcome the military with discounts and gifts for everyone with a military ID card, Active Duty as well as retirees and spouses. There will be special lunches and dinners at award winning restaurants.

There will be themed drinks at restaurants and bars, along with free gifts for each military

spouse with an ID card. There's music and entertainment at: Bar 35, ThirtynineHotel, Dragon Upstairs, Ke Kai, Indigo, DuVin, Soul de Cuba and JJ Dolans, Murphy's Bar & Grill and O'Tooles.

The Friday and Saturday before Memorial Day have been selected to celebrate the living men and women who have served our country.

Memorial Day commemorates U.S. men and women who died while in military service to their country. First enacted to honor Union soldiers of the American Civil War, it was expanded after World War I to include American casualties of any war or military action.

Contact MarshaRose Joyner at 741-4612 or e-mail mrjoy@hawaii.rr.com for more information on the celebration.

SOLUTIONS, From B3 — SUDOKU, From B3 -

BEY MAH MAO SCALE ALA ILL NOMANISENTITLED SAUTE ONUS TOTHEBLESSINGS IRE ADRIAN OFFREEDOMUNLESS BIOS HARASS LAS ISR H E B E V I G I L A N T I N O P I N E U R D U ITSPRESERVATION MOE OWE BASSO PEAMST INK

7	6	5	8	4	2	3	1	9			
4	3	2	1	5	9	8	6	7			
1	9	8	7	6	3	5	4	2			
6	8	7	4	3	5	2	9	1			
9	5	4	2	1	8	7	3	6			
3	2	1	9	7	6	4	8	5			
8	4	6	5	9	7	1	2	3			
5	1	3	6	2	4	9	7	8			
2	7	9	3	8	1	6	5	4			